HRA Counseling During the Periodic Health Assessment (PHA)

Engage—Educate—Empower

Objectives

Following the presentation, participants will be able to

- State two methods to engage the patient in the encounter
- Identify three approaches a provider can use to educate patients about their reducing their health risks
- Define empowerment and state at least two strategies by which a provider can empower the patient and transfer the responsibility for taking action to the patient

Background of the PHA

- The Periodic Health Assessment (PHA) was to consolidate clinical preventive services, occupational health and risk screening services, health and dental Record review, specialty physical exams, deployment health assessments, and individualized counseling, testing, or treatment under an annual health assessment and replace the traditional physical exam.
- The PHA was to be based upon the member's age, gender, family history, occupation, deployment history, health status, and behavioral risk factors.
- The PHA was to be implemented in 2006; birth month recall was the preferred method for scheduling the PHA.
- A health risk assessment (HRA) was to serve as the basis for prevention counseling.

Fleet and Marine Corps HRA

- 22 questions
- 10 health categories
- Web-based
- Anonymous
- Personal report
- Command group report

Engagement

- Introduce and orient the patient to the counseling session
- Give “permission” to actively participate
- Ensure patient maintains ownership of the problem and decision-making

Educate

- Increase perception of risk and potential health outcomes
- Provide credible information
- Increase skills
  - Physical
  - Verbal
  - Psychological

Empower

- SMART goal setting
  - Specific
  - Measurable
  - Attainable
  - Realistic
  - Timely
- Elimination or reduction of barriers to change
  - Environmental
  - Social
  - Personal
  - Ethnic
- Specific plan
- Support

Limitations

- Time
- Complex problems
- Patient is not ready to change (precontemplation)
- Provider lacks counseling skills/interest
- Patient chooses not to disclose

Conclusion

Prevention counseling is a process by which the provider assists the patient in identifying his or her SMART goal(s) and designing a specific plan that includes not only the steps to carry out the plan but also specific techniques to overcome barriers to change.

Resources

- Patient Centered Prevention Counseling DVD

http://defenseimagery.mil/imagery.html#a=search&s=808850&chk=6cfc8&apid=999135601

- Sexual Health and Responsibility Counseling

http://www.med.navy.mil/sites/nmcphc/health-promotion/reproductive-sexual-health/Pages/sexual-health-resources.aspx

Questions